



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09272, Pineapple, frozen, chunks, sweetened**

**Report Date: June 30, 2017 20:57 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chunks 245g
<b>Proximates</b>					
Water	g	77.10	--	--	188.90
Energy	kcal	86	--	--	211
Energy	kJ	360	--	--	882
Protein	g	0.40	--	--	0.98
Total lipid (fat)	g	0.10	--	--	0.24
Ash	g	0.20	--	--	0.49
Carbohydrate, by difference	g	22.20	--	--	54.39
Fiber, total dietary	g	1.1	--	--	2.7
Sugars, total	g	21.10	--	--	51.70
<b>Minerals</b>					
Calcium, Ca	mg	9	--	--	22
Iron, Fe	mg	0.40	--	--	0.98
Magnesium, Mg	mg	10	--	--	24
Phosphorus, P	mg	4	--	--	10
Potassium, K	mg	100	--	--	245
Sodium, Na	mg	2	--	--	5
Zinc, Zn	mg	0.11	--	--	0.27
Copper, Cu	mg	0.099	--	--	0.243
Manganese, Mn	mg	1.062	--	--	2.602
Selenium, Se	µg	0.1	--	--	0.2
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	8.0	--	--	19.6

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chunks 245g
Thiamin	mg	0.100	--	--	0.245
Riboflavin	mg	0.030	--	--	0.073
Niacin	mg	0.300	--	--	0.735
Pantothenic acid	mg	0.105	--	--	0.257
Vitamin B-6	mg	0.075	--	--	0.184
Folate, total	µg	11	--	--	27
Folic acid	µg	0	--	--	0
Folate, food	µg	11	--	--	27
Folate, DFE	µg	11	--	--	27
Choline, total	mg	4.9	--	--	12.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	--	--	5
Retinol	µg	0	--	--	0
Carotene, beta	µg	18	--	--	44
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	30	--	--	74
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.05
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.7	--	--	1.7
<b>Lipids</b>					
Fatty acids, total saturated	g	0.007	--	--	0.017
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, chunks 245g
16:0	g	0.004	--	--	0.010
18:0	g	0.003	--	--	0.007
Fatty acids, total monounsaturated	g	0.012	--	--	0.029
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.011	--	--	0.027
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.035	--	--	0.086
18:2 undifferentiated	g	0.020	--	--	0.049
18:3 undifferentiated	g	0.015	--	--	0.037
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.005	--	--	0.012
Threonine	g	0.013	--	--	0.032
Isoleucine	g	0.013	--	--	0.032
Leucine	g	0.020	--	--	0.049
Lysine	g	0.026	--	--	0.064
Methionine	g	0.011	--	--	0.027
Cystine	g	0.002	--	--	0.005
Phenylalanine	g	0.012	--	--	0.029
Tyrosine	g	0.013	--	--	0.032
Valine	g	0.016	--	--	0.039
Arginine	g	0.018	--	--	0.044
Histidine	g	0.009	--	--	0.022
Alanine	g	0.018	--	--	0.044
Aspartic acid	g	0.059	--	--	0.145
Glutamic acid	g	0.047	--	--	0.115

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Glycine	g	0.018	--	--	0.044
Proline	g	0.013	--	--	0.032
Serine	g	0.026	--	--	0.064
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0